

## Riding Tips and Rules of the Road

- **Ride Smart**

When you bicycle in the Portland metro area, ride safely, and be well-equipped. By following these safety tips you can make your bicycling experience both enjoyable and fun. And remember to wear a helmet!

- **Be predictable**

Ride so drivers can see you and predict your movements.

- **Be Alert**

Ride defensively and expect the unexpected.

- **Be Equipped**

Get both you and your bike in good condition.



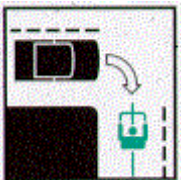
### **Obey All Regulatory Signs and Traffic Lights**

Bicycles must be driven like other motor vehicles if they are to be taken seriously by motorists.



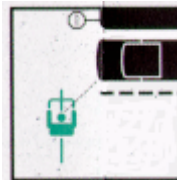
### **Go Slow on Sidewalks**

Pedestrians have the right of way on walkways. By law, you must give them an audible warning when you pass. Cross driveways and intersections at a walker's pace and look carefully for traffic (especially traffic turning right.)



### **Never Ride Against Traffic**

Motorists are not looking for bicyclists riding on the wrong side of the road. Ride with traffic to avoid potential accidents.



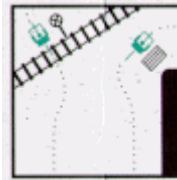
### **Watch for Cars Pulling Out**

Make eye contact with drivers. Assume they do not see you until you are sure they do.



### **Use Hand Signals**

Hand signals tell motorists what you intend to do. For turn signals, point in the direction of your turn. Signal as a matter of courtesy and safety as required by law.



### **Avoid Road Hazards**

Watch out for sewer grates, slippery manhole covers, oily pavement, gravel, and ice. Cross railroad tracks at right angles. For better control as you move across bumps and other hazards, stand up on your pedals.



### **Ride in a Straight Line**

Whenever possible, ride in a



### **Ride a Well-Equipped Bike**

Be sure your bike is adjusted to fit



straight line, to the right of traffic but a car door width away from parked cars.



you properly. Outfit it with a water bottle, tool kit, fenders (for rainy rides), and bike bags. Always use a strong headlight and tail light at night and when visibility is poor.



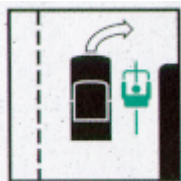
### **Choose the Best Way to Turn Left**

There are two ways to make a left turn: 1) As an auto: look back, signal, move into the left lane, and turn left. 2) As a pedestrian: ride straight to the far-side crosswalk, then walk your bike across.



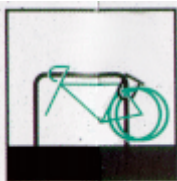
### **Dress Appropriately**

**Wear a hard-shell helmet whenever you ride.** Wear light-colored clothes at night. Bright clothes aid visibility. Dressing in layers allows you to adjust to temperature changes.



### **Do Not Pass on the Right**

Motorists do not expect a bicyclist to pass on the right, and they may not see you. Pass on the left side of vehicles.



### **Lock Your Bike**

Buy the best locking system you can afford: none is as expensive as a new bike. A U-shaped high security lock is best. Lock the frame and rear wheel to a fixed object. If you have a quick release, lock the front wheel also.